



The Truman

Equal Opportunity * Diversity * Special Emphasis Program Newsletter

July 2016 Issue 16

GREETINGS

July is a magnificent month. One of my favorite months of the year. We celebrate our independence, we spend (more) time outdoors with our families, we cookout more, we go on vacations.....and the Guard sends us all on plenty of Annual Training. Even though the month of July has no 'official' Special Emphasis observations, it still offers recognition(s) of many different interests (i.e., Minority Mental Health Month, Juvenile Arthritis Awareness Month, Women's Motorcycle Month, Bereaved Parents Month, among many others).

July, like every other month of the year, is about people. As we celebrate the 4th, as we do our cookouts and go on our vacations....yes, even as we hit the road to conduct Annual Training...we should always remember to think about what other people may be struggling with. All of the 'awareness months' and special observations are meant to highlight the struggles that other people go through on a daily basis; struggles that most of us don't face.

Take the time this July to realize that there are folks out there...fellow Americans...our brothers and sisters-in-arms...that deal with so many more adversities than we do. Be mindful of their struggles. Open your hearts to their cause(s). Let's strive to continue making this country the greatest on Earth.

Have a wonderful July!! Be safe, and stay cool.

Respectfully,

TSgt Mike Marsden, EO/EEO Specialist

★ ★ ★ ★ ★ ★
Greetings
Diversity Day
Happy Fourth of July
Minority Mental Health Month
Fire Safety on the 4th
Pet Safety on the 4th
Guide to 4th of July Fireworks
Diversity Events Around MO
4th of July Crackers Craft
S'mores Krispie Treat Recipe
FOH & EAP Spotlight
★ ★ ★ ★ ★ ★



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DIVERSITY DAY 2016

Celebrating the Diversity of the Guard

AUGUST 7, 2016

Cultural Displays and Exhibits

Cuisine Sampling

LU Dance Troop Presentation

Artist Essex Garner

0900 – 1300 at ISTS Drill Floor

**All Service Members, Families and
Community Welcome**



**For More information or to participate contact SGT
Robinson 573-638-9500 x 39788**



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DIVERSITY DAY AUGUST 7, 2016

This year's Diversity Day will highlight the diversity in the Missouri National Guard

Tell Your Story

- ❖ Tell Us About Your Heritage or Background: Make a display that can be presented during Diversity Day showcasing your background and feel free to make a food dish to be sampled.
- ❖ Alter Ego Profiles: We want to know what you do outside the Guard such as your civilian job or community Involvement

We want to showcase and highlight the heritage, backgrounds and accomplishments of the Missouri National Guard we need your help to do that!!!

Please contact SGT Desiree Robinson desiree.n.robinson2.mil@mail.mil or 573-638-9500 x 39788 if you are interested in doing a display, food sampling or profile.



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Tell Your Story

Create a display that highlights some of these things:

- ❖ Tell Us 3 facts about:
 - What you do in the Guard
 - Where you are from
 - Community involvement
 - What most people don't know about you
- ❖ History of where you are from
- ❖ Military History of the country you are from
- ❖ What is your civilian job and what do you love about it
- ❖ How does your work in the community help others



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HAPPY FOURTH OF JULY!

Get the history behind this star-spangled celebration

July 04, 2014 | By Lara Sokolowski | www.timeforkids.com

JULY
HISTORICAL MILESTONES

Title VII of the Civil Rights Act of 1964
Title VII prohibits employment discrimination based on race, color, religion, sex and national origin.

Army Organization Act of 1950
Congress repealed the statutory requirement for the service's four all-black regiments.

AMENDMENT XIV 1868
No State shall make or enforce any law which shall abridge the privileges or immunities of citizens of the United States; nor shall any State deprive any person of life, liberty, or property, without due process of law.

Executive Order 9980
Established a policy of fair employment throughout the Federal establishment, without discrimination because of race, color, religion, or national origin.

Executive Order 13163 2000
Increasing the opportunity for individuals with disabilities to be employed in the Federal government.

Americans With Disabilities Act of 1990
An act to establish a clear and comprehensive prohibition of discrimination on the basis of disability.

Executive Order 9981 1948
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Women's Reserve PL689, HR6807
Created to expedite the war effort by releasing officers and men for duty at sea and their replacement by women in the shore establishment of the Navy. 1942



ARAM BOGHOSIAN—THE BOSTON GLOBE/GETTY IMAGES

Confetti falls on concert-goers as they watch the Fourth of July Boston Pops Fireworks Spectacular in Boston, Massachusetts, on July 4, 2013.

Backyard barbecues. Boisterous parades. Bright, colorful firework displays. The Fourth of July, also known as Independence Day, is anything but your average holiday.



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HAPPY FOURTH OF JULY!

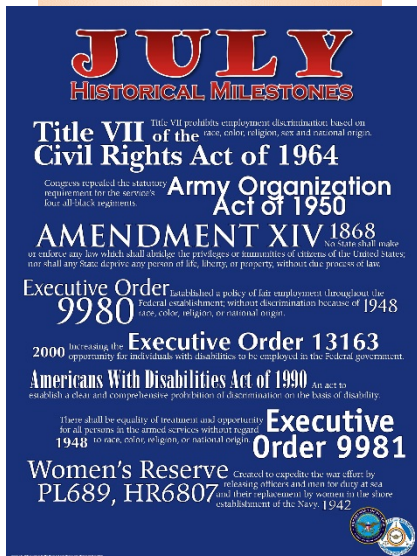
July 04, 2014 | By Lara Sokolowski | www.timeforkids.com

A Historic Event

One of the most celebrated events in the United States, the Fourth marks the day that the Continental Congress adopted the Declaration of Independence, on July 4, 1776, in Philadelphia, Pennsylvania. The written statement declared that the 13 North American colonies intended to separate from Britain. Penned by a committee headed by Thomas Jefferson, it signaled a break in colonial ties with Britain. Although representatives did not sign the declaration until August 1776, the Fourth of July stands as the official day to celebrate our nation's independence.

Until the declaration was signed, America was a part of the British Empire. But as the colonies grew, Americans felt that the British government was treating them unfairly. They felt that they were paying too much in taxes to Britain and thought the colonies should have a say in how things were governed.

By June 1776, Americans were tired of trying to work out an agreement with Britain. They were also tired of being told what to do, so they decided to write the Declaration of Independence.





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The First Celebration

On July 8, 1776, the first celebration took place in Philadelphia. On that day, the declaration was read aloud, city bells rang, and bands played. That summer, many towns marked the historic event with a mock funeral for the King of England. This symbolized the death of the monarchy and ushered in the days of liberty. Hundreds of years later, the national holiday remains important, as a day to pay tribute to the United States of America—its laws, heritage, history, and people.



PAUL J. RICHARDS—AFP/GETTY IMAGES

Fireworks are displayed over the U.S. Capitol and National Monument in Washington, D.C., on July 4, 2013.

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A Patriotic Tradition

Many communities hold colorful parades complete with marching bands and patriotic speeches. Citizens hang American flags from their homes, and buildings are decorated in red, white, and blue. At night, booming firework displays, usually ending with a spectacular finale, can be seen at various parks and fairgrounds. Two of the biggest firework shows take place in Washington, D.C., on the National Mall, and in New York City, on the East River.

Want to show your U.S. pride this Fourth of July? It's easy! First, put on your favorite red, white, and blue clothes. Next, ask your mom or dad to hang the flag outside your apartment or house, or line the driveway with mini flags. Then, find a holiday parade or festival in your neighborhood. And don't forget to map out a good spot in the park (or even in front of the TV) to watch those dazzling fireworks!

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Did You Know?

- Independence Day was not declared a legal holiday until 1870. But that didn't stop people from celebrating!
- Work on the Erie Canal in 1817, the laying of the cornerstone of the Washington Monument in 1848, and the laying of the cornerstone of the Freedom Tower all began on the Fourth of July.
- The city of Boston, Massachusetts, first commemorated Independence Day on March 5, 1783, the day of the Boston Massacre.
- Fireworks were made in China as early as the 12th Century! The Chinese originally used them for war rockets and explosives.
- There were 13 original colonies. Can you name them all?

Source: <http://www.timeforkids.com/news/happy-fourth-july/41766>

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Save the date: **July 29 at 2 pm ET**. Join the National Minority Mental Health Month Twitter chat, hosted by Office of Minority Health (@minorityhealth) and the Substance Abuse and Mental Health Services Administration (@samhsagov). Tweet with us using **#MMHMchat**.

History

In May 2008, the United States House of Representatives proclaimed July as Bebe Moore Campbell National Minority Mental Health Awareness Month, providing agencies with the opportunity to raise awareness about severe mental illness in diverse communities, while highlighting avenues for wellness and recovery.

Background

Mental illness affects one in five adults and one in 10 children in America, according to the [Substance Abuse and Mental Health Services Administration](#) (SAMHSA). The U.S. Surgeon General reports that minorities are less likely to receive diagnosis and treatment for their mental illness, have less access to and availability of mental health services and often receive a poorer quality of mental health care. Furthermore, mental illness is a leading cause of disability, yet nearly two-thirds of people with a diagnosable mental illness do not seek treatment, and racial and ethnic groups in the U.S. are even less likely to get help, according to the [National Alliance on Mental Illness](#).

During National Minority Mental Health Month, help raise awareness in your organization or community. Encourage your family, friends, loved ones and clients to learn more about improving mental health and illness.

<http://www.minorityhealth.hhs.gov/omh/content.aspx?ID=9447&lvl=2&lvid=12>



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Remembering Bebe

July 27, 2015 / [SAMHSA](#) / [Mental Health](#)

By: Keris Jän Myrick, M.B.A., M.S., Director, Office of Consumer Affairs, Center for Mental Health Services, Substance Abuse and Mental Health Services Administration

Bebe Moore Campbell was an American hero. She worked tirelessly to raise awareness about mental health in communities of color and led programs that encouraged people in these communities to talk with their doctor about their mental health. Ms. Campbell understood that there is no health without mental health. At SAMHSA, we know how true this is.

She was also an award-winning author whose writing incorporated common themes related to mental health. Titles of her work include “Sometimes My Mommy Gets Angry,” “Your Blues Ain’t Like Mine,” and “Even with the Madness.” Her work brought to light the impact of mental illness on individuals, families, and the African-American community.

I took my parents to hear Ms. Campbell speak when she published “72 Hour Hold.” It was the impact of her journey and her ability to openly share her personal story that helped us as a family and others in attendance know that we were not alone. Her words spoke to the core issues that affect many communities of color. Mental illness can lead to shame and silence reducing the chances that we will reach out for help. And when we do reach out for help, appropriate treatment and support that is culturally and linguistically competent may not be readily accessible.

Sadly, Ms. Campbell died from cancer far too young, at the age of 56. In her honor, the U.S. House of Representatives proclaimed July as Bebe Moore Campbell National Minority Mental Health Awareness Month in 2008. The proclamation, sponsored Rep. Albert Wynn (D-MD) and Diane Watson (D-CA), spoke of the critical importance of improving access to mental health treatment and supports and promoting public awareness of mental illness particularly among people of color.



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Bebe Moore Campbell was on a mission to spread the word far and wide that people with mental health conditions can and do recover, raise awareness, provide education, and ensure that treatment and supports, such as peer and family supports were accessible. She served as an expert on SAMHSA panels and partnered with others around the nation to garner support in efforts to make progress towards accomplishing her mission. She also made a plea for a national campaign to spread the word that there is no shame in having a mental illness, that it is important to seek treatment, and that recovery is possible. This July, as Minority Mental Health Awareness Month draws to a close, we remember and honor Ms. Campbell's work, determination, and her advocacy on behalf of those with mental health conditions.

SAMSHA continues to raise awareness, provide education about treatment and supports, and reduce negative attitudes and discrimination for all people living with behavioral health conditions. The new Behavioral Health Equity Barometer Report (2014) shows that we have made improvements, but our work is not done, particularly in communities of color. At the launch of the Campaign to Change Direction, First Lady Michelle Obama said, "It's time to tell everyone who's dealing with a mental health issue that they're not alone, and that getting support and treatment isn't a sign of weakness, it's a sign of strength." We encourage people to carry the message of National Minority Mental Health Awareness Month to communities across the country throughout the year.



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A brightnest GUIDE:

FIRE on the SAFETY 4TH



FIREWORKS

JULY 8th, 1776
= the first time
fireworks were
used to celebrate
Independence Day

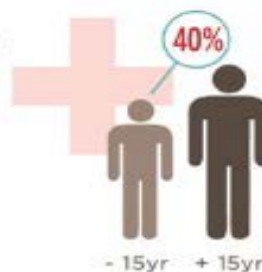


70 percent of all
fireworks-related
injuries happen
June 20 - July 20



\$600M
is spent on
fireworks
each year in
the U.S.

Children **under
15 years old**
account for
about 40%
of the injuries



TIPS:

- 1** Make sure fireworks are legal in your area before buying or using them. Some areas have fire bans during this hot, dry time of year.
- 2** Keep a bucket of water or a garden hose handy in case of fire or other mishap.
- 3** Never try to re-light or pick up fireworks that have not fully functioned.



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COOKOUTS



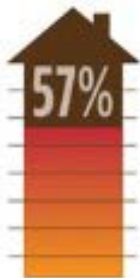
150 MILLION

will be eaten on Fourth of July



74 MILLION

Americans will be grilling on July 4th



Over half of grill fires on residential properties occur during **May, June, July, & August**



Propane is the power source in 69 percent of all grill fires on residential properties

TIPS:

- 1** Never use a grill indoors or in a garage. Use the grill at least 10 feet away from your house or any building. Keep pets and kids away.
- 2** Only use charcoal lighter fluid. If you run out, do not try to substitute gas, kerosene, or a Roman candle. It will end badly.
- 3** If you do have a grease fire, use baking soda to put it out, not water. Keep the baking soda at arm's length while you pour.



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CAMPFIRES



July 4th is one of the **top three** busiest weekends of the year in national parks

On federal lands, abandoned campfires are the number one source of human-caused wildfires.

1

1/3



of all human-caused fires are started by people who are careless with their campfires.

4.4 MILLION



amount of acres burned in a year as a result of fires caused by humans

TIPS:

- 1 First, make sure it's legal! Fire bans are common during the summer months.
- 2 Clear a five foot area around the fire and keep extra wood upwind from the flames.
- 3 Make sure the fire is fully extinguished before you leave by putting it out with water, stirring the area with a shovel, and ensuring all embers are cool.

Sources:

History.com - Fourth of July History
examiner.com - Fourth of July interesting facts and statistics
U.S. Consumer Product and Safety Commission - CPSC Announces Drop in Firework Related Injuries; Consumers Still Urged To Celebrate Safe This July 4th
U.S. Fire Administration - Focus on Fire Safety; Fireworks
United States Census Bureau - The Fourth of July 2011
U.S. Fire Administration - USFA Releases Grill Fires on Residential Properties Report
USDA Forest Service - Fire Prevention
Ontario Ministry of Natural Resources - What are the leading causes of most forest fires
Arbor Day Foundation - Causes of Forest Fires

www.brightnest.com

BrightNest is a free site that provides tips, tricks and weekly reminders to help you keep your home in great shape. Sign up now at brightnest.com!



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More pets get lost on July 4th than any other day of the year.

Source: HomeAgain

Keep your cat safe this Independence Day. Check out these seven tips for enjoying the Fourth of July with your cat.



Be sure your cat is wearing an up-to-date and visible ID tag on her collar at all times.



Take a current photo of your cat, just in case.



Ask guests to keep an eye out for your cat, to be sure she doesn't escape.



Give your cat a good play session before people come over for any celebrations.



Keep charcoal, fireworks, sparklers and glow sticks far from curious cats.



Put your cat in a safe, escape-proof room during parties and fireworks.



If your cat is afraid of loud noises, leave gentle music playing to cover the fireworks.



Petfinder
SUMMER Pet
Safety

Learn more at www.petfinder.com/SummerPetSafety



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Keep your dog safe this Independence Day.

Share these eight tips for enjoying the Fourth of July with your dog.



Be sure your dog is wearing an up-to-date and visible ID tag on her collar at all times.



Take a current photo of your dog, just in case.



Exercise your dog early in the day before parties begin.



During cookouts, ask guests to play with your dog away from the flames.



Keep dog treats on hand for those who want to give your dog food.



Leave your dog at home with a frozen stuffed treat during the fireworks.



If your dog is afraid of loud noises, leave gentle music playing to cover the fireworks.



Keep charcoal, fireworks, sparklers and glow sticks far from curious canines.



Petfinder
SUMMER Pet
Safety

Learn more at www.petfinder.com/SummerPetSafety



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The Complete Guide to 4th of July Fireworks

TYPES OF AERIAL FIREWORKS



Peony

The most common type of firework, the peony shell type is a spherical break of colored stars that burn without a tail effect.



Chrysanthemum

A spherical break of colored stars similar to a peony, but with stars that leave a visible trail of sparks.



Willow

Similar to a chrysanthemum, but with long-burning silver or gold stars that produce a soft, dome-shaped weeping willow-like effect.



Crossette

A shell containing several large stars that travel a short distance before breaking apart into smaller stars, leaving a crisscross effect.



Mine

A ground firework shot from a mortar that expels stars and other garnitures into the sky.



Cake

A cluster of individual tubes linked by a fuse that fires a series of aerial effects. A single cake can have over 1,000 shots.

ALL THE PRETTY COLORS



Copper
compounds



Calcium
salts



Barium
compounds



Sodium
salts



Strontium
salts



A mix of **copper** and
strontium,
potassium salts,
rubidium salts



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DIVERSITY EVENTS AROUND MO

JB Blast

Patriotism is on full display during the annual Independence Day celebration at Jefferson Barracks Park. JB Blast is an evening of fun for the whole family featuring live music, food and fireworks at the historic site in St. Louis County.

When and Where

JB Blast is held each year around the 4th of July holiday. **In 2016, the celebration is Friday, July 1 at 7 p.m.** JB Blast is held at Jefferson Barracks Park in South St. Louis County. The park is located at 345 North Drive, near the intersection of Interstate 255 and Telegraph Road.

Music & Fireworks

JB Blast will feature a free concert by the Starlifters USAF Band of Mid-America in the Veteran's Memorial Amphitheater. The band plays popular and patriotic hits. After the concert, everyone sticks around for the big fireworks display beginning at about 9 p.m.

<http://stlouis.about.com/od/4thjulycelebrations/p/Jb-Blast-Fireworks-And-Fun-At-Jefferson-Barracks.htm>



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DIVERSITY EVENTS AROUND MO

Webster Groves Community Days

One day just isn't enough to celebrate Independence Day in Webster Groves. Community Days is a four-day celebration featuring a carnival, BBQ, parade and fireworks. It's truly an old-fashioned event that draws visitors from around the St. Louis area. The festival's held at Memorial Park, just south of Interstate 44 off the Elm Avenue exit. [See pictures of the Community Days Parade.](#)

When and Where

Community Days is a four-day event held around Independence Day. **In 2016, Community Days is July 1 from 5 p.m. to 11 p.m., July 2 from noon to 11 p.m., July 3 from 2 p.m. to 11 p.m., and July 4 from 10 a.m. to 10 p.m.** The festival is held at Memorial Park in Webster Groves. The park is just south of Interstate 44 off the Elm Avenue exit.

Carnival and BBQ

Community Days begins the evening of July 1 with a carnival and bar-b-que hosted by the Webster Groves Lions Club. You can fill up on traditional bar-b-que favorites like burgers, pork and ribs.

<http://stlouis.about.com/od/4thjulycelebrations/p/Webster-Groves-Community-Days.htm>



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DIVERSITY EVENTS AROUND MO

Heritage and Freedom Fest, O'Fallon, MO

The Heritage & Freedom Fest is the annual Independence Day celebration in O'Fallon, Missouri. There are three days of festivities featuring a parade, carnival, live music, food, fireworks and more. Here are all the details on this year's Heritage & Freedom Fest.

O'Fallon, Missouri pulls out all the stops for its Heritage & Freedom Fest at the Ozzie Smith Sports Complex. The celebration features an impressive line up of nationally known musicians, including Chase Bryant and KONGOS. Of course there's also a parade, carnival, kids activities, food and fireworks. July 2 - July 4. [Read more about O'Fallon Heritage & Freedom Fest.](#)

When and Where

The Heritage & Freedom Fest is held each year over the Independence Day holiday. **In 2016, it's July 2 from 2 p.m. to 10 p.m., July 3 from 2 p.m. to 11 p.m., and July 4 from noon to 10 p.m.** The festival is held at the Ozzie Smith Sports Complex at the intersection of T.R. Hughes Boulevard and Tom Ginnever Avenue in O'Fallon, Missouri.



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DIVERSITY EVENTS AROUND MO



FREE EVENT FOR THE FAMILY!

Monday, July 4

6:30 pm - 10:00 pm


Chesterfield Mall 291 Chesterfield Center (Dillard's & Macy's parking lot)

MCLOVIN

Free concert starts @ 7:00 pm on
Main Stage

FOOD TRUCKS

Mouthwatering St. Louis food for kids of all
ages - be sure to come hungry!

KID ZONE by  Commerce Bank
Circus Kaput and carnival games!

FIREWORKS

Starts promptly at 9:30 pm!



★ **NEW** ★
THIS YEAR!

UNICYCLING + JUGGLING + MAGIC +
AERIAL ACTS + STILT WALKER +
ACROBATICS + MORE!

CARNIVAL GAMES

PUTT-PUTT CHALLENGES + FROG HOP +
RING TOSS + BUBBLE MACHINES + SLIDES
+ BOUNCE HOUSES + OBSTACLE COURSE
+ MORE!



Feel free to bring lawn chairs, blankets and refreshments.
No glass containers or tobacco products allowed.



Available on the iPhone
App Store
Google play

chesterfield.mo.us
636.812.9500



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Fair Saint Louis festivities are July 2, 3 & 4 at Art Hill in Forest Park. Kids will enjoy the games and crafts at the family fun zone. There's fair food to fit any taste and cold drinks too. Most visitors plan their day around the free concerts and fireworks. Lee Brice, Sammy Hagar and Flo Rida are this year's headliners. And of course, the fireworks display is not to be missed!

[Read more about Fair St. Louis.](#)

www.fairstlouis.org



More information: www.kcfairfest.com



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DIVERSITY EVENTS AROUND MO

Kirkwood Freedom Festival

Residents and visitors will gather in Kirkwood Park on July 4 for the city's annual Freedom Festival. Everyone is invited to enjoy an evening of live music, food and fireworks.

July 4, 2016

7 p.m. - Festival opens (live music, food trucks)

Fireworks at dusk

http://stlouis.about.com/od/topattractions/tp/2009_4th_of_july.htm



Come celebrate America's independence with a bang in beautiful Branson, Missouri! You'll find several fireworks displays throughout the area as Branson does it up big for the 4th galore at sidewalk sales, and other holiday celebrations in the area to enjoy.

If you're planning to attend fireworks displays and other outdoor events, you're encouraged to bring your own chairs. Some venues offer seating, but make sure you arrive as early as possible to get the best view. Branson is popular during the 4th of July holiday, so allow a little extra time to travel from point to point. You'll also want to reserve your lodging and show tickets several days in advance.

Take advantage at some of the wonderful, memory making packages we have to offer. Celebrate Independence Day where patriotism is a way of life...in Branson!

<http://www.bransontourismcenter.com/holidays/fourth-of-july>



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DIVERSITY EVENTS AROUND MO

VETERANS and HUMMERS

Jefferson City Salute to America Parade Entry



As president of the Missouri Hummer X Club, I am organizing an entry for the JEFFERSON CITY SALUTE TO AMERICA parade. I have arranged for a group of dedicated Hummer owners to proudly chauffeur some of our local VETERANS in this year's parade in downtown Jefferson City. Because of our Vets, we all enjoy our freedom. Patriot Guard Riders are slated to lead us in the parade.

I want to extend a special invitation to the **MISSOURI NATIONAL GUARD** to join us. We would welcome willing MONG Veterans to ride in our Hummers with us. We have about 9 seats available. I would further respectfully request if consideration would be given to allow a MONG team to drive a Humvee in our entry along with our civilian Hummers. This will be a great opportunity for recruiting potential Guard candidates and recruitment exposure to the citizens of our state.

Help us honor those who served, utilize this opportunity to recruit new personnel and commit to join us on Sunday July 3, 2016 at 6:00 PM

Please contact Sheila Garrison 573-619-3488 or 573-634-2481

Link to event: <http://www.salutetoamerica.org/>

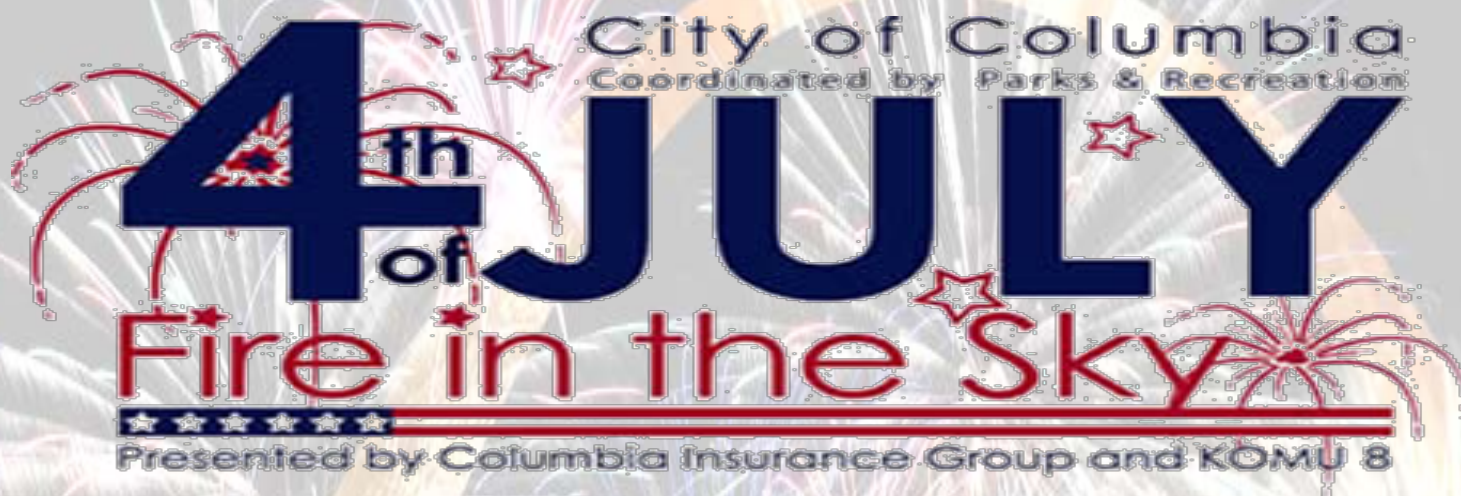


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DIVERSITY EVENTS AROUND MO



Columbia's 64th Annual Fourth of July celebration

July 4, 2016 ~ 6:30 pm activities and entertainment, 9:15 pm fireworks

Event begins 6:30 pm

- Children's Activities at Flat Branch Park / 4th Street – Inflatable Obstacle Course, Pop-A-Shot, 4th of July crafts and activities
- Entertainment stage at Flat Branch Park (Emcees from KOMU8 and KFRU 1400)
 - 6:30-7:30 pm: Ironweed Bluegrass Band
 - 7:45-9 pm: Kay Brothers Band
- Entertainment stage at Peace Park (Emcees from KOMU8 and BXR102.3)
 - 6:30-7:30 pm: Brad Cunningham Band
 - 7:45-9 pm: Kansas City Street Band
- **Fireworks begin at 9:15 pm** choreographed to music simulcast on BXR 102.3 (will be launched from top of parking garage at Sixth and Cherry).
- Bring a blanket or lawn chair.
- Concessions available.
- Rooftops not designed to be occupied and should NOT be, per building code.
- Please do NOT bring fireworks, alcohol or grills to the event.

Volunteers are needed! Please call the City's Office of Volunteer Services at 874-7499

https://www.como.gov/ParksandRec/Activities_and_Programs/4thjuly.php



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DIVERSITY EVENTS AROUND MO

CELEBRATE! IN JEFFERSON CITY

7/2 - Travis Tritt **INSIDE THE WALLS**

7/3 - Ozark Mountain Daredevils

7/4 - Red, White & Boom Sky Concert

missouri
CREDIT UNION

17 Blocks ★ 7 Stages ★ Carnival ★ [WWW.SALUTETOAMERICA.ORG](http://www.salutetoamerica.org)

http://www.salutetoamerica.org/#x1_Need:32to:32know2

July 4 Hermann celebrates the Fourth of July with a parade, games, food and fireworks on the riverfront. Sponsored by the Hermann Area Chamber of Commerce.

<http://visithermann.com/event/fourth-july/>





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DIVERSITY EVENTS AROUND MO

Robert Woolery, Sr Memorial Pow Wow

July 15 - 17, 2016

At the Missouri State Fair Grounds
In the Air Conditioned Ag Building
Sedalia, MO

Friday, July 15th Dance at 7:00 p.m.
Saturday, July 16th Gourd Dance at 1:00 p.m.
Intertribal 3:00-5:00 p.m. & Grand Entry at 7:00 p.m.
Sunday, July 17th Dance at 1:00 p.m.
Dance times are approximate

Provided by the Native American Council for Cultural Awareness

Wade Blevins.....	Head Singer
William Dean.....	Head Man Dance
Crystallena Price.....	Head Lady Dancer
Chanté Falcon.....	Princess
Roger Crane/Shane Adams.....	Arena Directors
Bob Woolery.....	MC

Free Admission
Free Parking
Free Entertainment



Bring your own chairs or sit on the bleachers
No smoking inside

Traders by invitation only
To receive an application,
contact:

Bob Woolery
dwoolery@aol.com

Stomp Dance after Friday and Saturday Dances

NO DRUGS, ALCOHOL, FIREARMS, OR WEAPONS



Directions (38°41'28.4"N 93°15'28.9"W)

From West on Hwy 50: Turn right on State Fair Blvd (4th stop light by Denny's). The Fair Ground entrance will be approximately ½ mile. Follow the road past grand stand to Agriculture Building on right side.

From East on Hwy 50: Turn left on State Fair Blvd (8th light by Golden Corral). The Fair Ground entrance will be approximately ½ mile. Follow main road past grandstand, Agriculture Bldg is on right side.

From South on Hwy 65: Turn left at Gate 11 into Fair Grounds (just past underpass). Agriculture bldg is straight ahead past the train.

From the North on Hwy 65: Turn right on 16th street (4th light by State Fair Shopping Center). Turn left into Fair Ground entrance. Follow main road past grandstand, Agriculture Bldg is on right side.

Map on Back



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DIVERSITY EVENTS AROUND MO



Stereotypes to Civil Rights: Black Paper Dolls in America

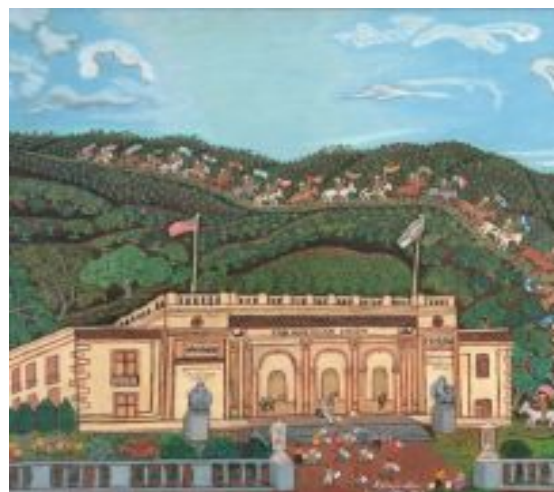
Recurring weekly on Sunday, Monday, Wednesday, Thursday, Friday, Saturday, June 8-August 22, From: 10:00:00 to 04:00:00

The National Museum of Toys and Miniatures, 5235 Oak St., Kansas City, MO 64112

Art of the Americas

Recurring weekly on Wednesday, Thursday, Friday, June 8-August 6, 10am-4pm Wed.-Friday; 10am-9pm, First Fri; 12-4pm Sat.

Belger Arts Center/Red Star Studios, 2011 Tracy Ave., Kansas City, MO 64108





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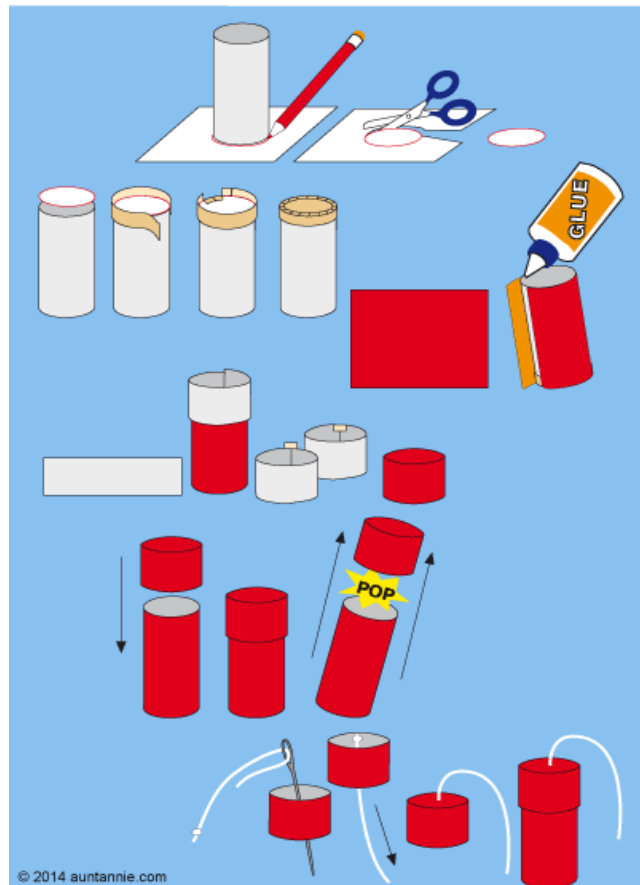
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Fourth of July Crackers



Supplies Needed:

- Empty toilet paper tube
- Cardboard
- Red paper
- String or yarn
- Masking tape
- Scissors
- White glue, like Elmer's or PVA
- Ruler
- Pencil
- Yarn needle
- **Optional:** Stickers, foam brush to spread glue, decorative paper



Source:
http://www.auntannie.com/Fourth_of_July/Crackers/



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Fourth of July Crackers



Directions:

Step 1: Project Preparation

If you are doing this craft with a group of children, pre-cut the tube coverings and the cardboard for the cracker tops. Each child will also need a toilet paper tube and a length of string or yarn. The other supplies and tools can be shared.

Step 2: Cut Circle

Cut a circle of cardboard to cover one end of the toilet paper tube. First, carefully trace around one end of the tube onto a piece of cardboard—cardboard from an empty cereal box works well. Now cut out the circle, being careful to cut on the line.

Step 3: Close End of Tube

Tape the circle in place on one end of the tube. Start by standing the tube on end, and placing the circle on top of the tube. Next, wrap a piece of masking tape around the tube with about half extending above the tube. Snip the tape above the tube in several places, then fold the tape over to hold the cardboard circle in place. Smooth the tape to remove any air bubbles or bumps.

Step 4: Cover Tube

Cover the tube in red paper. Measure the length of the tube and its circumference (length around). *In the US, this is usually 4½" by 5" to 5½".* You can measure around the tube with a tape measure or just use a string and then measure its length. Mark a rectangle on the red paper that measures the length of the tube by the circumference. Cut out the rectangle. Wrap it around the tube to see that it fits, and then glue it in place. It is important that the paper is firmly attached to the tube, especially near the open end.

Source:

http://www.auntannie.com/Fourth_of_July/Crackers/

Tip: It's easier to make a complete and thin layer of glue by spreading it with a foam brush.



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Fourth of July Crackers



Directions:

Step 5: Make Top for Tube

Make a tube for the top of the cracker that fits snugly over the cracker bottom. Cut a rectangle of cardboard that is 1" to 1½" (20 to 30 mm) wide by the circumference of the tube long. Wrap the cardboard around the tube with the cut ends just meeting. Make sure it fits tightly but can still be moved up and down. If it is too loose, trim the cardboard. If it is too tight or the ends don't meet, cut another piece of cardboard. Keep adjusting until you get the right fit. A snug fit is important!

Tape the ends of the cardboard together to form a tube and test the fit one more time. Close the end of the top and cover it with red paper (see steps 2-4 above). Cut a circle of red paper (or any color you like) to fit the top of the tube, and glue it over the cardboard circle.

Tip: Another way to make the top is to start with a cardboard tube that fits over the toilet paper tube. Cut a ring that is 1" to 1½" (20 to 30 mm) wide. Adjust the size for a snug fit by snipping a section out of the ring and taping it back together as above.

Step 6: Test and Adjust

Test your cracker and make adjustments. Put the cracker together—slide the top as far as you can onto the bottom. Wrap your hand around the top and pull off quickly. Did it pop? If it did, great! You can go on to the next step. If not, try again. If you can't move the top or find it very difficult, your top is too tight and you need to make a new one. If the top isn't too tight and it still doesn't pop, you probably need to make the top fit more snugly. Either put a strip or two of tape around the inside of the tube, or make another top.

Source:
http://www.auntannie.com/Fourth_of_July/Crackers/



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Fourth of July Crackers



Directions:

Step 7: Finish

Add a fuse and fill your cracker with goodies. Use the tip of the yarn needle to punch a hole in the center of the cracker top. Cut a 6" (15 cm) length of string or yarn. Thread it through the yarn needle and tie a knot in the long end. Push the needle through the hole you made. Push it from the inside of the top, then pull the string tight. Tape or glue the knotted end of the string inside the top.

That's it! Now fill your cracker with goodies, confetti, or anything else you like.

Source:

http://www.auntannie.com/Fourth_of_July/Crackers/



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S'MORES KRISPIE TREATS



You're
going to
be eating
these all
summer
long

About this
Recipe

Prep: 10 min

Cook: 10 min

Level: Easy

Serves: 20

Source:
www.delish.com

Ingredients

- 3 tbsp. unsalted butter
- 1 package mini marshmallows
- 7 c. Golden Grahams cereal
- 3 Hershey's milk chocolate bars,
broken into pieces

Directions

1. Grease a 9" x 13" pan with butter.
2. In a large pot over medium-low heat, heat butter until melted. Add all but 1 cup of mini marshmallows and stir until melted and smooth.
3. Turn the heat off and quickly stir in Golden Grahams until evenly coated. Mix in remaining cup of mini marshmallows. Press into pan and top with chocolate pieces. Let set at least 30 minutes.



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TOPIC OF THE MONTH

Summer Safety

For More Information:

www.foh.hhs.gov/calendar

IN THE SPOTLIGHT - WEBINAR



TOPIC OF THE MONTH:

Addressing Addiction

VISIT: www.foh4you.com

Topic Highlights:

- *Overview and definitions of substance abuse
- *Recognizing addictive behavior (habit versus addiction)
- *Resources for help and more information



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Coming Next Month

WOMEN'S EQUALITY DAY

August 26th

**"We honor the pioneers of women's equality by
doing our part to realize the great American dream."**

President Barack Obama
2013

Designed by Peter Hammer for the Defense Equal Opportunity Management Institute



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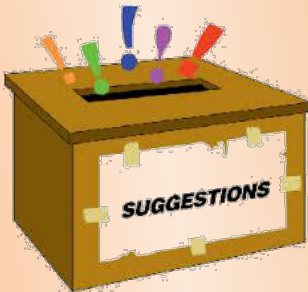
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Contact SGT
Desiree
Robinson to help
contribute to
this newsletter

desiree.n.robinson2.mil@mail.mil

573-638-9500 x
39788



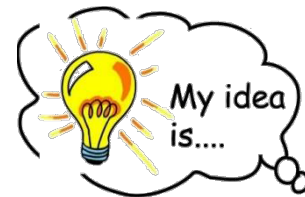
*Note: The MOARNG and the EO/EEO Office does not officially endorse any particular business or event. The articles provided are for informative purposes only.

WE NEED YOUR HELP!!

Help us make *The Truman* even more interesting!

We want

- To hear **your** ideas
- See **your** articles
- Know about **your** community events
- Learn how Diversity plays a role in **your** life in and outside of the Guard



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